

Full Report (All Nutrients) 45048979, VEGGIE, UPC: 015665602223

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer PIRATE'S BOOTY

Nutrient	Unit	Data points	Std. Error	1 oz 28g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	130	464
Protein	g	--	--	2.00	7.14
Total lipid (fat)	g	--	--	5.00	17.86
Carbohydrate, by difference	g	--	--	17.00	60.71
Fiber, total dietary	g	--	--	1.0	3.6
Sugars, total	g	--	--	1.00	3.57
Minerals					
Calcium, Ca	mg	--	--	20	71
Iron, Fe	mg	--	--	0.36	1.29
Sodium, Na	mg	--	--	90	321
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	10000.0	35714.3
Vitamin A, IU	IU	--	--	15	54
Lipids					
Fatty acids, total saturated	g	--	--	0.50	1.79
Fatty acids, total trans	g	--	--	0.00	0.00
Cholesterol	mg	--	--	0	0

Amino Acids

Other

Ingredients

INGREDIENTS: CORN MEAL, RICE, SOY FLOUR, CONTAINS ONE OR MORE OF THE FOLLOWING: (SUNFLOWER, EXPELLER PRESSED CANOLA OR CORN OIL), RICE FLOUR, SPINACH POWDER, BROCCOLI POWDER, CARROT POWDER, EVAPORATED CANE SYRUP, CABBAGE POWDER, KALE POWDER, PARSLEY, DEXTROSE, BLACK PEPPER AND SEA SALT *Date Last Updated by Company:* 05/23/2014